



DRY EYE-A CONCEPTUAL VIEW

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ABSTRACT

In today's fast and competitive lifestyle, increasing pollution, high temperature and the desire to do work at a fast pace, excessive use of computers etc., the problem of dry eyes is increasing rapidly. The reason for this is the lack of tears in the eyes or their quality is not good. The symptoms of dry eyes can be compared with the Sarvagata disease Sushkashipaka described in Ayurveda, which originates due to the outbreak of Vata and Pitta doshas. In this, the eyes appear dirty.

KEYWORDS: *Sushkashipaka*, Dry eye

INTRODUCTION

Eyes are a priceless gift of nature, through which man sees this beautiful world, as well as to enjoy the various forms of nature and to live life, it is very important for the eyes to be healthy because in its absence, there is no difference between day and night for blind people, no matter how many comforts and facilities they have, they are all useless.

Tears are the secretion of lacrimal gland found in the eyes, which is slightly alkaline in nature and is made up of water, salt, protein and an enzyme called lysozyme and is like a film on the conjunctiva, which has three layers of mucus, aqueous and lipid. Its main function is to protect the eyes from harmful particles and bacteria like dust. The outermost layer is made of lipids which work to evaporate tears. Normally there is a balance in the formation and flow of tears but working on computer etc. for a long time or watching TV affects this balance and tears start drying up and eyes become dry.

In this the person feels a stinging sensation in the eyes, feeling of dryness, feeling of pain in the eyes and burning sensation etc. Due to this the person blinks his eyelids repeatedly and forcefully. Sticky mucus is found in the eyes of the person, eyes appear dry.

From *Ayurveda* point of view, it can be compared with *Sarvagat Netruvyadhi Sushkashipak*. *Acharya Sushruta* has said about it that in this disease, the person's eyes and *Vartma* become *shrunk*, rough to touch, hard and appear blurry, and there is pain in opening the eyes. It is caused by *Vata*, whereas according to *Acharya Vagbhata*, due to *Vata* and *Pitta doshas*, there is friction, tear, splitting and *upadeha* in the eyes. In this disease, the *Vartma* becomes rough, hard, opens and closes with difficulty and the eyes become extremely dry. Cold feels soothing, the eyes become pain and burning.

Management:

- **Abhyantar Snehapana** *evam Tarpan*: The word '*Tarpana*'

is derived from the root '*Trup*' by adding the '*Lyut*' *Pratyaya*. The literary meaning of the *Tarpana* is to give nourishment of the eye through *Ghruta*, *Ghrutamanda*, medicated *Ghrutas*, *Vasa*, *Majja* (bone marrow) etc. *Sushruta*, without clarifying the condition of the eye, simply asks to perform the procedure for one day, three days and five days or till the proper satiating features are attained.

- **Nasya**: *Urdhvanga chikitsa* is one of the important branch of *Ashtanga Ayurveda* and *Nasya karma* is the main therapeutic measure of *Urdhvajatrugata Vikaras*. All organs, which are above the clavicle, are considered as *Urdhvanga* e.g. *Nasa*, *Mukha*, *Netra* and *Shirah*. *Anu taila Nasya* are also described for *Sushkashipaka* because nose is a gateway of drug administration in case of *Urdhvajatrugata rogas* & *Nasya* is the only procedure which directly influences all *Indriyas*
- **Anjan**: Grinding dry ginger powder in breast milk and mixing it with ghee is used as an eye ointment. Or mixing *saindhav*, *deodar*, dry ginger powder, *bijour*, lemon juice and ghee is used as an eye ointment as prescribed in *Ayurveda*.
- **Seka**: *Acharyas* have advised to make the person lie down and pour a stream of lukewarm milk mixed with rock salt on his eyes from a height of four fingers. This relieves irritation in the eyes, *karakarima* etc.

DISCUSSION & CONCLUSIONS

In *Ayurvedic* classics various therapeutic procedures are explained which are said to improve or enhance the visual acuity as well as improve the health of the eye. *Tarpana*, *Anjana*, *seka*, *Nasya* is one such group of special methods of drug administration locally into the eye for the treatment for eye diseases and provides dosha shamaka effect and nourishment to the eyes and improves visual acuity.

Ghruta due to its *Sansakaranuvartana* quality easily imbibes the properties of other drugs processed with it without leaving its own properties. *Acharya Charaka* in *Sutrasthana Snehadhyaya*

explained that, “*SNEHOANILAM HANTI*” which means that *Shehana* is the supreme treatment for *Vata Dosha*. He mentioned *AkshiTarpana* as one of the 24 *Snehappravicharana* in *Sutrasthana* 13th chapter. According to *Charaka Ghrita* is effective in subsiding *Pittaja* and *Vataja* disorders, it improves *Dhatus* and is overall booster for improving *Ojas*.

All efforts should be made to strengthen the eyes by resorting to *Nasya*, *Anjana*, *Tarpana* etc. for once the vision is lost the different kinds of things of the world will all become of one kind- that of darkness.

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